

## COVID-19 Contact Tracing for K-12 Sports Teams

When a COVID-19 infection is identified among a member of a K-12 sports team, including athletes, coaches and staff, it is critical to conduct immediate contact tracing and identify all people who have been in close contact with this person during any team activities including practice, meetings, scrimmages, games, or other team activities. This should be done individually for each person identified with COVID-19 on the team, including laboratory confirmed and suspect cases (see step 1 below).

Contact tracing slows the spread of COVID-19 by identifying and notifying people that they may have been exposed, asking them to monitor their health, and asking them to self-quarantine. Timely and thorough contact tracing can effectively interrupt the chain of disease transmission and is an important public health intervention to prevent or contain an outbreak. By keeping those that may have been exposed to COVID-19 away from others, further transmission may be prevented.

This document outlines the actions that should be taken when a person with COVID-19 is identified who is an athlete, coach or staff member of a K-12 sports team: 1. Steps to identify COVID-19 infections and report to LDH; 2. Steps to identify and notify close contacts; and 3. Steps to conduct cleaning and disinfection.

### 1. Steps to identify COVID-19 infections and report to LDH

- ☐ **Identify a person with COVID-19 infection.** A person with COVID-19 infection that would require reporting to LDH and conducting contact tracing is defined as:
  - ☐ **Laboratory-Confirmed Case:** someone who receives a positive COVID-19 viral test result, including PCR or antigen tests, whether rapid or send-out. Antibody tests indicate past exposure and *should not* be used to diagnose current infection or to initiate contact tracing.
  - OR**
  - ☐ **Suspect Case:** someone who is experiencing any COVID-like symptom(s) including:
    - ☐ Fever or chills, rigors, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.
  - AND**
  - ☐ No alternative more likely diagnosis
  - ☐ If a suspect case subsequently tests negative by molecular/PCR test, they can return to team activities when they are symptom-free for 24 hours and any close contacts that have been quarantined may return to team activities.
- ☐ **Classifying Sports as Contact vs. Non-Contact**
  - ☐ Contact sports are sports in which some level of contact between participants is expected. Contact sports include, but are not limited to, football, basketball, soccer, wrestling, softball, baseball, volleyball, and cheer.
  - ☐ Non-contact sports are sports in which contact with another individual is not expected. Non-contact sports include, but are not limited to, swimming, golf, bowling, bass fishing and gymnastics.

- ☐ **Isolate and send the person home immediately.** They should not return to practice, meetings, scrimmages, games, or any other team activities until the following “end of self-isolation criteria” are met:
  - ☐ Stay home for 5 days.
  - ☐ If you have no symptoms or your symptoms are resolving after 5 days, you can return to non-contact sports as long as you are able to wear a mask correctly and consistently for an additional 5 days.
  - ☐ Individuals participating in contact sports should not return to practice, scrimmages, or games for 10 days.
- ☐ **Weekly aggregate case counts and outbreaks should be reported to the Louisiana Office of Public Health (OPH) through your school’s reporting point of contact using the online School COVID-19 Reporting Portal.** If you have questions, contact [schoolcovidreporting@la.gov](mailto:schoolcovidreporting@la.gov). [Regional OPH Offices](#) are available to provide consultation and recommendations upon request.

## 2. Steps to identify and notify close contacts of persons identified as having COVID-19 infection

- ☐ **For suspect cases only, quarantining of close contacts may be delayed up to 48 hours after meeting clinical criteria to allow for the return of molecular/PCR test results or an alternative more likely diagnosis to be made by a physician.**
  - ☐ If a PCR test result or alternative more likely diagnosis is not available within 48 hours of being identified as a suspect case, close contacts should be quarantined as described below.
  - ☐ If a PCR test results negative or an alternative more likely diagnosis is made by a physician, close contacts do not need to be quarantined. The symptomatic person should not return to team activities until they are symptom-free for 24 hours.
- ☐ **Determine who has been in close contact during team activities with suspect and confirmed COVID-19 cases during their infectious period.**
  - ☐ Close contact is defined as
    - ☐ being within 6 feet of an infected person for a cumulative total of 15 minutes over a 24-hr period **OR**
    - ☐ having direct contact with an infected person including touching (including tackling, blocking, defending, etc), hugging, kissing, or sharing eating or drinking utensils; or if an infected person sneezed, coughed, or somehow got respiratory droplets on another person
    - ☐ Additional factors to consider for determining risk of transmission include:
      - If the sport is played indoors or outdoors – the likelihood of transmission is higher indoors
      - The size of the arena and physical closeness of players – a smaller arena and/or sports where players are in closer proximity may increase likelihood of transmission
      - The type of contact that occurs during practice, scrimmages and games. For example, tackling, blocking, and defending would all be considered close contact.
  - ☐ The infectious period includes the 48 hours before the day the person became sick (or the 48 hours before specimen collection if asymptomatic) until the person was isolated.

- ☐ Use of face coverings, face shields and plastic dividers are not considered in determining close contacts, though they do reduce the risk of transmission.
- ☐ **Notify close contacts of the need to quarantine.**
  - ☐ Notify all close contacts of suspect and confirmed cases that they have been identified as exposed to someone who is or may be ill with COVID-19. Notify them that they will need to quarantine and not participate in athletic activities for the length of time designated below starting from the day after they were last exposed. A template letter can be provided to the team by the Office of Public Health.
  - ☐ **End of Quarantine Criteria:** The last day an individual has close contact with a case is Day 0 of quarantine. Day 1 begins the day after their last close contact.
  - ☐ Due to the high rates of transmission that have been observed among K-12 sports teams, **exposed individuals should not participate in athletic events where masking is not maintained (e.g., contact sports) until the full 10-day quarantine has been completed.**
    - Athletes who are up-to-date with COVID-19 vaccination, or who have tested positive for COVID-19 in the previous 90 days, can immediately return to non-contact sports where masking can be maintained. Masking must be maintained for 10 days after last close contact.
    - Athletes who have are not up-to-date with COVID-19 vaccination can return on Day 6 to non-contact sports where masking can be maintained. Masking must be maintained through Day 10 after last close contact.
  - ☐ K-12 sports teams may also utilize a Test to Stay strategy. Details about Test to Stay for K-12 sports can be found here:  
<https://ldh.la.gov/assets/oph/Coronavirus/resources/ContactTracing/QuarantineOptions.pdf>
  - ☐ **Any close contact who develops symptoms should seek testing immediately.**
  - ☐ Close contacts who develop symptoms on or before day 10 after their last exposure are considered suspect cases regardless of meeting criteria for a shortened quarantine and should self-isolate immediately and seek testing.
- ☐ **Ensure close contacts remain out of team activities until the end of their quarantine period.**
  - ☐ If any close contact becomes symptomatic and tests positive, they would be considered a case as of the day their symptoms began and would need to follow “end of self-isolation criteria” above to return to team activities.
  - ☐ If any close contact becomes symptomatic but is not tested, they would be considered a case as of the day their symptoms began and would need to follow “end of self-isolation criteria” above to return to team activities or 10-day quarantine, whichever is longer.
  - ☐ If any close contact tests positive but does not develop symptoms, they would be considered a case as of the day their test was collected and would need to follow “end of self-isolation” criteria above to return to team activities.
  - ☐ If a close contact has a negative viral test at any point of their quarantine period or period of required masking, they should continue to follow all quarantine and masking guidance.
  - ☐ If a suspect case tests negative by PCR test, any quarantined close contacts of that suspect case may return to team activities.

- ☐ OPH recommends notifying the entire team that there was a person with COVID-19 infection identified and close contacts have been notified.

### 3. Steps to conduct cleaning and disinfection according to CDC guidance

- ☐ Close off areas used by the persons with COVID-19 and wait as long as practical before beginning cleaning and disinfection to minimize potential for exposure to respiratory droplets
  - ☐ Open outside doors and windows to increase air circulation in the area.
  - ☐ Wear a mask and gloves while cleaning and disinfecting.
- ☐ Clean and disinfect all areas (e.g., offices, bathrooms, and common areas) used by the person(s) with COVID-19, focusing especially on frequently touched surfaces and shared objects and equipment
  - ☐ Surfaces should be cleaned using soap (or a detergent) and water prior to disinfection.
  - ☐ For disinfection, most common EPA-registered household disinfectants should be effective against the virus that causes COVID-19. Check [EPA's list of disinfection products](#).
- ☐ See full CDC guidance: [Cleaning and Disinfecting Your Facility](#)

#### Document Updates:

Date	Pg	Update
07/18/2022	3	Updated quarantine/return to play guidance with "up-to-date" vaccination language
07/18/2022	3	Added link to K-12 Sports Test to Stay guidance